



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ARMED SERVICES YMCA

# CHANGE STARTS HERE

## Southeast Armed Services YMCA Winter 2014 Program Guide



SOUTHEAST ARMED SERVICES YMCA  
2190 Jet Wing Drive  
P 719 622 9622

[www.ppymca.org](http://www.ppymca.org)

# Start The New Year Right at the Y!

## **GET CLOSER AS A FAMILY. Family Membership is a Great Value!**

- › Take a family-friendly fitness class
- › FREE child watch while you work out
- › Swim and play games in the indoor pools
- › Save up to 50% off most programs like swim lessons



## **GET HEALTHY AND FEEL BETTER. Join the Great Resolution Revolution!**

How many times have you resolved to be more active, eat healthier, try a new workout, or lose weight? Let the Y help you conquer the Resolution Revolution.

- › Have the support you need to start, and stick with a plan that meets your needs.
- › Get nutrition and wellness tips from the Y experts.



# MEMBERSHIP MEANS MORE AT THE Y.

## WE'RE HERE FOR YOU.



**We know first hand how difficult it can be to find balance in life. That's why we're here with you every day, making sure that you and your family have the resources and support to learn, grow and thrive.**

**With a shared commitment to developing the potential of kids, improving health and well-being and helping our neighbors, your membership will not just bring about meaningful change for you, but for your community, too!**

## EVERYONE BELONGS AT THE Y

**At the Y, our doors are open to everyone, regardless of age, income or background thanks to generous support of our Annual Campaign. Contributions enable the Y to offer income-based membership, free and low-cost childcare, free swim clinics, subsidized summer camps and other life-changing programs.**

**Speak to any membership representative or call 719.622.9622 for more information on income-based membership or how you can help the Y help others through a Community Campaign Contribution.**



# JOIN NOW!

# ABOUT YOUR SOUTHEAST ARMED SERVICES

The Southeast & Armed Services YMCA opened in 2002 to serve the Colorado Springs Southeast community and military families. Since opening innovative, quality programs that strengthen families, aid in the healthy development of children and contribute to a healthier, safer community for all. Through a variety of offerings including child care, camping, sports, swimming lessons, senior programs, family activities, health and wellness classes, we build character by emphasizing the core values of caring, trustworthiness, respect, fairness, responsibility and citizenship.

## Goal

To become a community center for families that is the center of the Southeast Armed Services Community.

## Mission

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

## STAFF

In addition to our superb wellness classes, facility locations, life changing youth programs and family oriented programming, we are extremely proud of our staff. We believe it is our "Family" that makes the real difference to our members and is the core of our success.

We make every effort to hire people of character and ability who have a deep desire to provide service.

### **HOURS Facility Hours**

Monday–Friday	5:30 am – 9:00 pm
Saturday	7:00 am – 7:00 pm
Sunday	1:00 pm – 5:00 pm

### **Child Watch Hours**

**(Ages 6 weeks–11 years)**

Mon–Fri	8:00 am – 1:00 pm
Mon– Fri	3:30 pm – 8:00 pm
Saturday	8:00 am – 3:00 pm
Sunday	1:00 pm – 5:00 pm

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## From the Executive Director...

Happy New Year! Before we start our New Year's Resolutions and say goodbye to 2013, I want to reflect on a few things to be thankful for from last year:

**Thank you** for your membership at the Y where we are striving to become a community center for families that is the center of the Southeast/ Armed Services Community.

**Thank you** to the generous donations by membership to the Holiday Giving Tree. Thanks to your generosity, we were able to provide gifts to those in need both here at the Y and throughout the Colorado Springs Community.

**Thank you** to El Pomar Foundation and Food for All Nations who provided funding and donations to provide 90 holiday food baskets to military families and those in need in the Southeast community.

We are truly blessed to be part of a community that is so willing to help one another.

As we head into 2014, please look for some **new** happenings at the Y:

**New** fitness equipment on the healthy living floor and in the group exercise room.

**New** programming including food festivals, member appreciation events and themed birthday parties.

**New** aquatics programming and swim lessons.

Lastly, please note that the beginning of the year kicks off the YMCA's Community Support Campaign. The funds raised from the campaign allow the Y to make facility and equipment improvements and continue to provide income-based membership discounts.

Did you know that the Y does not turn away people based on financial need? At the Southeast/Armed Services Y, 37% of the memberships receive an income-based discount. That is the largest percentage in the Pikes Peak YMCA Association.

For these reasons, please consider donating to the YMCA Community Campaign this year. Every dollar counts!

Best Wishes in 2014!

*Keith*

**Keith Bryant - Executive Director**  
**(719) 622-3551**  
**kbryant@ppymca.org**

## OUR LEADERSHIP TEAM:

At the Y, our goal is to make sure that everyone can have access to what we have to offer. That's why everyone is welcome to participate in one of our many programs, which ensures that you can enjoy the Y and remain within your budget....

**Mayra Velasco Member Experience Director**

The Intel Computer Clubhouse provides a creative and safe after school learning environment where young people can develop skills and build confidence in themselves through the use of technology.

**Henriey Adame - 21st Century Director**

We provide quality instruction and competitive opportunities for our participants to learn and enjoy the sport of swimming.

**Jenny Allred - Aquatics Director**

The SE Armed Services YMCA provides hands-on, innovative, specialized programs and support services to military service members and their families. We believe those individuals on the front lines of defending our nation deserve the best we have to offer.

**Drew Aquino - Military Outreach Director**

My mission is to assist with implementing programs, projects and activities designed to enhance member relations with a focus on customer service and providing a great member experience at our wonderful facility.

**Keith Hinton - Building Supervisor**

Through sports we strengthen communities, educate and nurture children and promote healthy living in spirit, mind and body.

**Calvin Johnson - Sports Director**

The healthy living department is here to help you on the journey of a lifetime. To begin any journey, we need a clear-cut path to where we are going. This process is about creating results by design, not by coincidence. Our staff is available to work with you to set a goal that is specific, measurable, attainable, realistic and time sensitive.

**Sonja Rogers - Healthy Living Director**

Facilities wants to ensure your safety and ability to enjoy all aspects of the building by providing a clean, well maintained YMCA !

**Ron Spalding - Facilities Director**

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive through our growing number of community programs...

**DeVeta Webb - Community Programs Director**



# MEMBERSHIP POLICIES

## Payment Options

### Monthly

Through our draft plan, dues are automatically transferred from your checking account to the YMCA. Membership continues until member notifies the YMCA in person. No faxed or phoned in terminations are accepted. The YMCA cannot be responsible for mail or e-mail that does not reach us.

### Annual

Cash, check or credit card. Annual membership is in effect for one year from the date of joining. Renewal notices are sent one month before membership expires.

### Returned Checks

A \$20.00 fee will be assessed for all returned checks or uncollected bank drafts.

## Financial Assistance

The YMCA wants to ensure that everyone has the opportunity to participate in our programs and enjoy the facilities and services. Financial assistance is available for memberships, summer camp programs for individuals and families with financial need. Funds for financial assistance are made available through the generous contributions to the YMCA. Please inquire with the membership desk.

## JOINING FEES

A joining fee is required for each new membership. This is a one time fee as long as the membership remains continuous. Joining fees fund major maintenance and repairs of equipment as well as new purchases.

## AWAY Policy

When you travel and want to use the YMCA in another city you may do so as long as the YMCA is part of the AWAY program. A list of participating YMCA's is available at the member service desk. Please contact the YMCA you will be visiting for details. (some charge a fee)

## Lost & Found

Lost and found items are available behind the Member Services Desk for two weeks after an item is found. After that time, items are donated to local charities. Swimsuits are discarded. If you have lost an item please notify the Member Services Desk.

**PLEASE REMEMBER TO LOCK UP YOUR VALUABLES!**

## Membership Cards

When using the YMCA you must present your membership card. If your card has been lost, a new one can be purchased for a \$5 fee. If you forget your card, you will be admitted after showing your ID at the front desk. A one day pass will be issued.

You can also download our mobile application from the *App Store* to access your member bar code. Use of a membership card by anyone other than the person to whom it is issued will result in loss of membership.

## Guest

The Southeast Armed Services YMCA is a membership organization; our facilities and programs are developed and maintained for our members' use. Individuals are permitted to visit as a guest up to three times per year. A two guest - per person per -day policy is in effect. All guests must be accompanied by a member and will be asked to complete a waiver, take a photo and present a photo ID. All guests are expected to abide by the YMCA Code of Conduct and the Rules and Regulations of the Pikes Peak Region YMCA.

# MEMBERSHIP

## Membership Type

### Youth

Ages 6 weeks - 17

All children 6 weeks or older must have their own Youth Membership or be part of a paid One-Adult Household, or Two-Adult Household in order to use facility and/or register for programs at Member Rates.

### Young Adults

Ages 18-28

Any independent individual (filing their own tax return) over 18 years of age. For a young adult to remain on a family membership, the child must be claimed as a dependent and/or must be a full-time college/university student.

### Adult

Ages 29-64

Any independent individual (filing their own tax return) over 18 years of age.

### One Adult Household

Any one adult and any children under 21 and younger or a full-time student age 24 and younger living in the same household.

### Two Adult Household

Any two adults and any children age 21 and younger or a full-time student age 24 and younger living in the same household.

### Two Adult Household

(No children)

Two persons who are permanently residing together as a single family household unit within a residence that is their fixed and principal home.

### Senior Citizen

Ages 65+

An adult member at least 65 years of age or older.

### Two Senior Citizen Household

(No children)

Two senior adults with at least one adult 65+ living in same household.

### *Healthways* Silver Sneaker Fitness Program

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.

Unlock the door to greater independence and a healthier life with SilverSneakers. Health plans around the country offer our award-winning program to people who are eligible for Medicare or to group retirees. SilverSneakers provides a YMCA membership to any participating location across the country.

## DID YOU KNOW...

- ⇒ ***You can access a personal trainer to help you stick to your New Year's Resolution.***  
Ask the front desk or the healthy living staff for more information.
- ⇒ ***The Southeast/Armed Services Y provides financial assistance for 37% of its members?***  
In 2013, that amounted to \$250,000 in financial aid. Those costs are offset by funds donated during the Y's Community Campaign. Ask the front desk how you can help.
- ⇒ ***The Southeast/Armed Services YMCA is trying to raise \$50,000 in 2014 to help pay for new equipment, membership financial aid and military/community services.***  
Ask the front desk how you can donate your time and treasure to help our military heroes and your neighbors.
- ⇒ ***The Southeast/Armed Services Y donated 90 meals to families in need this holiday season?***  
Please let us know if you would like to be involved in this outreach to our community in the future?
- ⇒ ***The Southeast/Armed Services Y has served more than 1,000 youth through the 21st Century Computer Clubhouse?***  
Ask how YOU can get involved!



# YMCA BIRTHDAY PARTIES



## Birthday Party Packages

Celebrate your child's special day at the Y. It's easy for you and delightfully fun for the kids!

YMCA Birthday Parties are created with the interests and expectations of you and your child in mind. Our 2-hour Birthday Parties begin with a skilled and enthusiastic YMCA attendant conducting a fun and healthy bounce house or pool activity for up to 20 children. Add one of our six imaginative themes to the celebration and catering options and you'll soon be hosting the most memorable party of the season.

- YMCA Attendant
- 1-Hour Bounce House or Pool Activity
- Games  
Plates, cups, flatware, napkins

## Rates

Member: \$200  
Member with FPP: \$100  
Non-Member: \$275

## Exciting Themes

Add a colorful theme to your party to create an even more memorable experience. This add-on includes themed games and activities in the Bounce House or Pool and themed decorations for an additional \$75.

Princess  
Lego  
Mermaid  
Sports  
Super Hero  
Pirates

For the ultimate ease in celebrating your child's birthday, allow the Y to cater your party with the one or all of these yummy options for an additional cost determined at time of booking.

Pizza  
Cake  
Ice Cream  
Goody Bags  
Piñata

## Yummy Add-ons

For a fun and memorable experience for your kids and an easy and affordable option for you, book your YMCA Birthday Party today at your local Y. Book early as dates fill quickly!

Not a member? Join the Y and add a Family Program Package to your membership to save 50% on your member rate for Birthday Parties.

# MILITARY OUTREACH

## Operation Kid Comfort

The Southeast Armed Services YMCA has teamed up with Fort Carson and the National Armed Services YMCA HQ's to bring Operation Kid Comfort to Colorado Springs military children of deployed parents. This program eases the stress of a parent's absence from the home by providing a free quilt or pillow featuring a photo of the deployed parent to military children.

If you are interested in receiving one of these quilts or pillows, please visit [www.ppymca.org/programs/military/operation-kid-comfort](http://www.ppymca.org/programs/military/operation-kid-comfort).

Certain restrictions apply.

For more information on this program please contact Drew Aquino at [daquino@ppymca.org](mailto:daquino@ppymca.org) or 719.622.9622.



## Princess Tea Cup Party

Join us for our annual "Princess Tea Cup Party" on Sat 15 Mar 2014, from 12:00 pm -2:00 pm in Community Room A/B. Our Fairy-tale princess theme will capture the hearts and mind of all. This is one event you do NOT want your daughters to miss.

Open to all military families. \$10 fee and RSVP is required. Limited seating. Registration Period: 12 Jan – 28 Feb.

## Anti-bullying Awareness

The Southeast Armed Services YMCA in Partnership with the El Paso County 4-H Club, is hosting an "Anti-bullying Awareness" seminar on Thu 6 Mar from 1600-1800. Focus of the seminar will be on assertive communication and conflict resolution, leading up to an increase in self-esteem & self-confidence. This event is open to all ages.



# MILITARY OUTREACH

## Military Appreciation Day



The Southeast Armed Services YMCA is hosting our monthly "Military Appreciation Day" event on the fourth Friday of every month, from 0800-1900. Base & Community partners will be on site to assist with: Preventive Screenings, Health & Wellness, Financial Planning, Workforce Resources, Social Networking, Education Classes, Special Events, Arts & Crafts, Life Skill Courses and Information & Referral.

Upcoming dates: 28 Feb, 28 Mar, 25 Apr, 23 May, 27 Jun, 25 Jul, 22 Aug, 26 Sep, 17 Oct.

For more info, contact Drew Aquino at 719.622.9622 or [daquino@ppymca.org](mailto:daquino@ppymca.org).

## Father / Daughter Dance April 5, 2014

Reception begins at 6pm  
Dance begins at 7pm

Military fathers, uncles, and grandfathers escort your little princesses to our annual Father Daughter Dance. Enjoy an evening of dancing, light dinner, desserts, and more!

Cost: \$35 E-5 and below; \$45 all others

Please note the cost for each additional daughter is \$15.00.

Dress:

Mess Dress or Class A for Active Military;  
Business attire for retirees and civilians;  
Party dresses for daughters.

All service branches welcome

Tickets on sale February 1 - March 31.



## Making Military Life Easier

The Southeast Armed Services YMCA has various military programs throughout the association. For a list of upcoming events, visit [www.ppymca.org/programs/military](http://www.ppymca.org/programs/military) for more info.

# CHILD WATCH

Want to work out but can't find a babysitter?

Southeast Armed Services YMCA offers a 'babysitting service' to children 6 months to 11 years of age. This service is for families who are using the facility and/or participating in YMCA programs during the time the child is in our care. Please do not send/bring food or drink to the Child watch area with your child.



## THINGS TO KNOW...

- ♦ Availability is based on a first come, first serve basis.
- ♦ There is a time limit of 2 hours per child.
- ♦ Ages for Childwatch are 6 weeks to 11 years old.
- ♦ All diapers, wipes, bottles and other necessities must be supplied by the parent/guardian.
- ♦ No food is allowed in the Childwatch area (except bottles).
- ♦ Each child must be registered prior to using Childwatch.
- ♦ Must have a household membership. Guests are not allowed to use Childwatch services due to security.

**Parent/adult guardian MUST remain in facility.**

# Play Structure Rules....

- ♦ No youth over 48" allowed in the play structure.
- ♦ Climbing is not permitted on the outside of the structure.
- ♦ Socks must be worn at all times.
- ♦ Place shoes and other loose items in the shoe saver.
- ♦ Objects such as large belt buckles, necklaces, etc. will not be allowed in the play structure.
- ♦ Only one person on the slide at a time.
- ♦ There is maximum of 20 youth at any time in the play structure.
- ♦ No unsupervised youth allowed in the play structure. The YMCA will provide supervision during high traffic times.



# YOUTH PROGRAMS

## **Ages 3 & Under**

### **Swim Lessons-Parent/Child**

Ages: 6-24 months

\*Please see page 22 for group and private swim lesson information.

### **Swim Lessons-Foundation**

Ages: 2-4 years old

\*Please see page 22 for group and private swim lesson information.

### **Tumbling Tots Class**

A parent and child class that will focus on tumbling and movement. Children will learn more about how their bodies move with fun and simple ways to put exercise into their lives.

Ages: 18 months-36 months  
Day/Time: Monday, 5:30pm-6:15pm  
Sessions: January 6 - January 27  
Session: February 3 - February 24  
Session: March 3 - March 24  
Cost: \$25 Members/\$35 Non-Members

### **Tumbling Tots Class**

A parent and child class that will focus on tumbling and movement. Children will learn more about how their bodies move with fun and simple ways to put exercise into their lives.

Ages: 18 months-36 months  
Day/Time: Thursday 9:45 am 10:30am  
Sessions: January 9 - January 30  
Session: February 6 - February 27  
Session: March 6 - March 27  
Cost: \$25 Members/\$35 Non-Members

### **Pee Wee Sports Clinics**

YMCA clinics are designed as an introduction to sports. They will focus on social development, skill development, fundamentals of each sport, and most importantly fun!!

Ages: 3- 6 year old  
Session: January 21 - January 24; Track  
Session: February 17 - February 21; Soccer

Session: March 17 - March 21; T- Ball  
Cost: \$18 Members/\$22 Non-Members  
Each session is for 4 days in length.

## **Ages 3-5**

### **Swim Lessons-Preschool**

Ages: 3-6 years old

\*Please see page 22 for group and private swim lesson information.

### **Winter Basketball**

The YMCA basketball program is geared toward learning the basic fundamentals of dribbling, passing, shooting, rebounding and defense. Emphasis on team play, overall game-play and concepts will also be introduced. The program is offered in the fall and winter seasons.

Ages: 5 - 6  
Day/Time: Practice 1 day a week, games on Saturday  
Session: January 6-March 8  
Registration: December 17-January 5  
Cost: \$75 Members/\$99 Non-Members

### **Pee Wee Sports Clinics**

YMCA clinics are designed as an introduction to sports. They will focus on social development, skill development, fundamentals of each sport, and most importantly fun!!

Ages: 3- 6 years old  
Day/Time: Monday- Friday : 9am - 10 am  
Session: January 21 - January 24; Track  
Session: February 17 - February 21; Soccer  
Session: March 17 - March 21; T- Ball  
Cost: \$18 Members/\$22 Non-Members

### **PNO ( Parents Night Out)**

Parents, this is your chance to go to dinner, catch a flick or just enjoy some quiet time at home. Bring your kids to the Y, we'll feed them & make sure that they have fun playing games, and making crafts. Member price \$16.00/ \$10 each additional child. Must be potty trained.

Ages: 3- 7 years old  
Time: 5:00pm - 10:00pm  
Session: February 22  
Session: March 22  
Cost: \$16 Members/\$26 Non-Members



# YOUTH PROGRAMS

## Gymnastics I

This class is designed for girls and boys. We work on terminology, balance, strength, and coordination while providing a good background in the sport of gymnastics. Fundamental skills are taught on the floor, bars, and beams.

Ages: 4 - 6  
Day/Time: Tuesday and Thursday; 5:00 pm—5:45 pm  
Session: January 7 - January 30  
Session: February 4 - February 27  
Session: March 4 - March 27  
Cost: \$50 Members/\$65 Non-Members

## Tumbling Tots Class

A parent and child class that will focus on tumbling and movement. Children will learn more about how their bodies move with fun and simple ways to put exercise into their lives.

Ages: 3- 5 years old  
Day/Time: Thursday 10:45 am 11:30am  
Sessions: January 9 - January 30  
Session: February 6 - February 27  
Session: March 6 - March 27  
Cost: \$25 Members/\$35 Non-Members

## Cheerleading I

This class is the best way to get your little one to be excited about cheerleading and to learn the basics! They will be learning arm motions, jumps, cheer terminology.

Ages: 4 - 5  
Day/Time: Monday; 5:00 pm—5:45 pm  
Session: January 6 - January 27  
Session: February 3 - February 24  
Session: March 3 - March 24  
Cost: \$25 Members/\$35 Non-Members

## Dance - Hip Hop, Jazz, Lyrical

This class is for 5-9 year olds ready to take dance instruction. Dancers will have a taste of jazz, lyrical, modern and hip hop dance with emphasis on body awareness, motor skills, friendly interactions, advancing techniques and terminology. Have fun with various styles of dance, music and props.

Ages: 5 - 9  
Day/Time: Wednesday; 5:00 pm—5:45 pm  
Session: January 8 - February 26  
Session: March 5- April 23  
Cost: \$40 Members/\$55 Non-Members

## Ballet I

Learn fun basic introduction to the art of ballet, techniques of plie, tendus, retire, saute' jumps, arm movements, skips and turns.

Ages: 3 - 6 years old  
Day/Time: Monday, 6:30pm - 7:30pm  
Session: January 11- February 22  
Session: March 1 - April 19  
Cost: \$40 Members/\$55 Non-Members

## Y Lego Club

Research shows that children that spend time building with Legos have higher math and science skills. Share the joy of creating new and exciting Lego masterpieces. Experience fun new games that go along with the building creations. 3 week class due to holiday.

Ages: 4 - 15 years old  
Day/Time: Thursday 6:30pm - 7:30pm  
Sessions: January 9 - January 30  
Session: February 6 - February 27  
Session: March 6 - March 27  
Cost: \$15 Members/\$25 Non-Members

## Tumbling Tots Class

A parent and child class that will focus on tumbling and movement. Children will learn more about how their bodies move with fun and simple ways to put exercise into their lives.

Ages: 3 - 5 years old  
Day/Time: Monday, 6:30pm-7:15pm  
Session: January 6 - January 27  
Session: February 3 - February 24  
Session: March 3 - March 24  
Cost: \$25 Members/\$35 Non-Members

## PNO ( Parents Night Out)

Parents, this is your chance to go to dinner, catch a flick or just enjoy some quiet time at home. Bring your kids to the Y, we'll feed them & make sure that they have fun playing games, and making crafts. Member price \$16.00/ \$10 each additional child. Must be potty trained.

Ages: 3- 7 years old  
Time: 5:00pm - 10:00pm  
Session: February 22  
Session: March 22  
Cost: \$16 Members/\$26 Non-Members



# YOUTH PROGRAMS

## Ages 6-12

### Swim Lessons-Youth

Ages: 6-12 years old

\*Please see page 22 for group and private swim lesson information.

### Ballet I

Learn fun basic introduction to the art of ballet, techniques of plie, tendus, retire, saute' jumps, arm movements, skips and turns.

Ages: 3 – 6 years old  
Day/Time: Monday, 6:30pm – 7:30pm  
Session: January 11– February 22  
Session: March 1 – April 19  
Cost: \$40 Members/\$55 Non-Members

### Ballet II

Classes will teach terminology, coordination, and class ethics of both ballet. Basic routines will focus on form, posture, and technique, and combine steps to create fun dance numbers.

Ages: 6 – 9 years old  
Day/Time: Monday, 6:30pm – 7:30pm  
Sessions: January 11– February 22  
Session: March 1 – April 19  
Cost: \$40 Members/\$55 Non-Members

### Gymnastics I

This class is designed for girls and boys. We work on terminology, balance, strength, and coordination while providing a good background in the sport of gymnastics. Fundamental skills are taught on the floor, bars, and beams.

Ages: 4 – 6  
Day/Time: Tues. and Thurs., 5:00 pm – 5:45 pm  
Session: January 7 – January 30  
Session: February 4 – February 27  
Session: March 4 – March 27  
Cost: \$50 Members/\$65 Non-Members

### Gymnastics II

This class is designed for girls and boys with gymnastic experience. This fun-filled instructional program teaches flexibility, strength and coordination. Students are grouped by ability and taught gymnastics skills on the

floor, uneven bars, balance beam and vault. Once basic skills are learned; an increased skill instruction is provided.

Ages: 7 – 9  
Day/Time: Tues. and Thurs., 5:00 pm—5:45 pm  
Session: January 7 – January 30  
Session: February 4 – February 27  
Session: March 4 – March 27  
Cost: \$50 Members/\$65 Non-Members

### Dance – Hip Hop, Jazz, Lyrical

This class is for 5-9 year olds ready to take dance instruction. Dancers will have a taste of jazz, lyrical, modern and hip hop dance with emphasis on body awareness, motor skills, friendly interactions, advancing techniques and terminology. Have fun with various styles of dance, music and props.

Ages: 5 – 9  
Day/Time: Wednesday, 5:00 pm – 5:45 pm  
Session: January 8 – February 26  
Session: March 5– April 23  
Cost: \$40 Members/\$55 Non-Members

### Cheerleading II

Our classes are designed to teach basic skills of cheerleading, which include: Cheers, Jumps, Dance, Tumbling, and Stunting.

Ages: 6– 9  
Day/Time: Tuesday, 5:00 pm—5:45 pm  
Session: January 7 – January 28  
Session: February 4 – February 25  
Session: March 4 – March 25  
Cost: \$25 Members/\$35 Non-Members

### PNO ( Parents Night Out)

Parents, this is your chance to go to dinner, catch a flick or just enjoy some quiet time at home. Bring your kids to the Y, we'll feed them & make sure that they have fun playing games, and making crafts. Member price \$16.00/ \$10 each additional child. Must be potty trained.

Ages: 3– 7 years old  
Time: 5:00pm – 10:00pm  
Session: February 22  
Session: March 22  
Cost: \$16 Members/\$26 Non-Members

# YOUTH PROGRAMS

## Y Lego Club

Research shows that children that spend time building with Legos have higher math and science skills. Share the joy of creating new and exciting Lego masterpieces. Experience fun new games that go along with the building creations.

Ages: 4 – 15 years old  
Day/Time: Monday, 6:30pm – 7:30pm  
Sessions: January 9 – January 30  
Session: February 6 – February 27  
Session: March 6 – March 27  
Cost: \$15 Members/\$25 Non-Members

## Tween Night

Parents, this is your chance to go to dinner, catch a flick or just enjoy some quiet time at home. Bring your kids to the Y, we'll feed them & make sure that they have fun playing games, and making crafts. Member price \$16.00/ \$10 each additional child.

Ages: 8 – 12 years old  
Time: 5:00pm – 10:00pm  
Session: February 22  
Session: March 22  
Cost: \$16 Members/\$20 Non-Members

## Winter Basketball

The YMCA basketball program is geared toward learning the basic fundamentals of dribbling, passing, shooting, rebounding and defense. Emphasis on team play, overall game-play and concepts will also be introduced. The program is offered in the fall and winter seasons.

Ages: 1st – 12th Grade  
Day/Time: Practice 1 day a week,  
games on Saturday  
Session: January 6–March 8  
Cost: \$75 Members/\$99 Non-Members

## Fitness for Fun

Fitness for Fun is a 4 session program that encourages participants to complete a variety of exercises that are Fun and meant to keep you moving! Participants will engage in Fun physical activities that promote lifetime fitness. This class will engage in active games that promote team work and cooperation and learn activities to help in weight management. Additionally, each participant will be given a youth orientation to the wellness floor and use appropriate age equipment.

Ages: 9 – 13 years old  
Day/Time: Mon. Wed. No Time Specified  
Session: January 6 – January 29  
Session: February 3 – February 26  
Session: March 3 – March 26  
Cost: \$25 Members/\$50 Non-Members

## Tae Kwon Do

Our curriculum emphasizes a “positive mental attitude” and “goal setting.” Parents enroll their children in our program to develop leadership skills, instill discipline, and to involve their kids in an activity that is both fun & challenging. Participants will learn the basic block, punches, and kicks, while incorporating the discipline of martial arts.

Ages: 7– 12 year old  
Day/Time: Monday and Wednesday, 4:15pm – 5:00pm  
Session: January 6 – January 29  
Session: February 3 – February 26  
Session: March 3 – March 26  
Cost: \$39 Members/\$72 Non-Members

## MEND

MEND stands for Mind, Exercise, Nutrition, Do It! This is a fun, family-focused 10-week program that demonstrates new ways to be healthy and help families support their kids, ages 7-13, to reach a healthy weight. The group meets twice a week for 10 weeks. Participants must be 7-13 years old, above their ideal weight and accompanied by an adult family member.

Ages: 7 – 13 years old  
Day/Time: Monday and Wednesday  
Session: January 6 – January 29  
Session: February 3 – February 26  
Session: March 3 – March 26  
Cost: \$25 Members/\$50 Non-Members



# YOUTH PROGRAMS

## Ages 12+

### Swim Lessons

\*Please see page 18 for private swim lesson information.

### Swim Team

Ages: 7-14 years old

\*Please see page 18 for swim team information

### Y Lego Club

Research shows that children that spend time building with Legos have higher math and science skills. Share the joy of creating new and exciting Lego masterpieces. Experience fun new games that go along with the building creations. 3 week class due to holiday.

Ages: 4 – 15 years old  
Day/Time: Thursday, 6:30pm – 7:30pm  
Sessions: January 9 – January 30  
Session: February 6 – February 27  
Session: March 6 – March 27  
Cost: \$15 Members/\$25 Non-Members

### Winter Basketball

The YMCA basketball program is geared toward learning the basic fundamentals of dribbling, passing, shooting, rebounding and defense. Emphasis on team play, overall game-play and concepts will also be introduced. The program is offered in the fall and winter seasons.

Ages: 1st – 12th Grade  
Day/Time: Practice 1 day a week, games on Saturday  
Session: January 6-March 8  
Cost: \$75 Members/\$99 Non-Members

### Tae Kwon Do

Our curriculum emphasizes a “positive mental attitude” and “goal setting.” Parents enroll their children in our program to develop leadership skills, instill discipline, and to involve their kids in an activity that is both fun & challenging. Participants will learn the basic block, punches, and kicks, while incorporating the discipline of martial arts.

Ages: 7– 12 year old  
Day/Time: Mon. & Wed., 4:15pm – 5:00pm  
Session: January 6 – January 29  
Session: February 3 – February 26  
Session: March 3 – March 26  
Cost: \$39 Members/\$72 Non-Members

### Tween Night

Parents, this is your chance to go to dinner, catch a flick or just enjoy some quiet time at home. Bring your kids to the Y, we'll feed them & make sure that they have fun playing games, and making crafts. Member price \$16.00/ \$10 each additional child.

Ages: 8 – 12 years old  
Time: 5:00pm – 10:00pm  
Session: February 22  
Session: March 22  
Cost: \$16 Members/\$20 Non-Members

**DEVELOPING  
THE WHOLE  
CHILD**



# YOUTH PROGRAMS

## Fitness for Fun

Fitness for Fun is a 4 session program that encourages participants to complete a variety of exercises that are Fun and meant to keep you moving! Participants will engage in Fun physical activities that promote lifetime fitness. This class will engage in active games that promote team work and cooperation and learn activities to help in weight management. Additionally, each participant will be given a youth orientation to the wellness floor and use appropriate age specific equipment.

Ages: 9-13 years old  
Day/Time: Mon. Wed. Custom to individual  
Session: January 6 - January 29  
Session: February 3 - February 26  
Session: March 3 - March 26  
Cost: \$25 Members/\$50 Non-Members



## Sports Teams Strength & Conditioning

Whether you are new to the gym, an experienced exerciser or just need someone to help you create an exercise routine, our personal training programs have something to offer everyone. Your personal trainer will assist with motivation, challenge, change, safety and accountability. Trainers will also have access to answers to a variety of health and wellness questions that may arise. Once you have determined your fitness goals, your personal trainer will create an exercise program specifically for you and will help you stay on track.

Ages: 14+ years old  
Day/Time: Open  
Sessions: 1, 3, 5, 12 or 24 pack  
Cost: Price varies based with the number of sessions purchased.

*\* New members receive 50% off a 3 pack of personal training sessions if purchased within 60 days of new membership. ( Good one time only)*

## MEND

MEND stands for Mind, Exercise, Nutrition, Do It! This is a fun, family-focused 10-week program that demonstrates new ways to be healthy and help families support their kids, ages 7-13, to reach a healthy weight. The group meets twice a week for 10 weeks. Participants must be 7-13 years old, above their ideal weight and accompanied by an adult family member.

Ages: 7-13 years old  
Day/Time: Monday and Wednesday  
Session: January 6 - January 29  
Session: February 3 - February 26  
Session: March 3 - March 26  
Cost: \$25 Members/\$50 Non-Members



# TEEN PROGRAMS

## Southeast Armed Services YMCA Intel Computer Clubhouse

The Intel Computer Clubhouse provides a creative and safe after school learning environment where young people can develop skills and build confidence in themselves through the use of technology.

The 21st CCLC grant is a collaborative effort between the Southeast YMCA and Sierra High School to provide academic and enrichment opportunities for Sierra High School students. The program utilizes daily after school clubs that include cooking, photography, girls club, youth making a difference, STEM and maker projects.

**HOURS: Monday - Friday 2:30 pm - 6:30 pm**

**Ages: 7- 18 w/ proper student ID**

**For more information please contact Henriey Adame  
hadame@ppymca.org or (719) 622-3559**



## Fountain Valley Teen Center

The Teen Center is a place for teens, over the age of 11 in grades 6-12, to gather after school to further explore their interests, passions and college and career goals. At the Y, teens become involved with a community of peers where they can discuss and conquer every day problems. Join the Teen Center today and become a member of a community that's committed to creating memories for a lifetime. We offer daily homework help and snack as well as a variety of clubs that rotate throughout the week. Teen clubs include speak your mind, art, jam sessions, theater, Y-MAD, grossology and so much more! Our hours are *Monday to Friday 3:30 pm - 6:00 pm*.

The Fountain YMCA, in conjunction with the 21st Century Grant Program, strives to provide a positive and safe place for teens to engage in service learning and recreational activities, community leadership, and programs that enhance leadership skills. Call for more information or registration at [719.884.2198](tel:719.884.2198).

We have also recently moved to a new location to better serve the Welte Education Center students located at 330 Lykman Drive.

### DAILY USAGE FEE FOR SCHOOL YEAR:

**Members: \$4 a day or \$40 a month**  
**Non Members: \$6 a day or \$60 a month**  
**There may be extra fees for field trips**

**Free for Welte Education Center students with a student ID**  
**Scholarships available.**

# ADULT PROGRAMS

## Adult Basketball

The league will consist of a seven week regular season followed by a 2 day elimination tournament with prizes for 1st and 2nd place teams. Team registration form and payment **MUST** be turned in prior to January 25th. If payment is not received by this date, your team will NOT be on the schedule. Game schedule will be posted by January 28, 2014. Free agents please contact Calvin Johnson for more information. ( cjohnson@ppymca.org)

Ages: 18+  
Day/Time: Sundays; 1:00pm - 5:00 pm  
Session: February 2 - March 23  
Cost: \$350 per team /  
\$40 per player for free agents

## Red, White & Blue Personal Training

Work with the personal trainer of your choice during a military unity PT session that will help PT scores! Your trainer will motivate and guide you through each session while providing the most current information on trends and changes in exercise-related research while keeping the sessions Fun and motivational .

Ages: 14+  
Day/Time: Monday; 5:00 pm—5:45 pm  
Session: January 1 - January 31  
Session: February 1 - February 28  
Session: March 1 - March 31  
Cost: \$50 Members/\$50 Non-Members

## Buddies For Fitness

Grab you BFF ( Buddies For Fitness) and find a fun, new approach to physical activity with options designed specifically for 2-3 participants.

Ages: 14+ years old  
Day/Time: Open  
Sessions: 1, 3, 5, 12 or 24 pack  
Cost: Price varies based on the number sessions purchased.

## Tae Kwon Do

Our curriculum emphasizes a “positive mental attitude” and “goal setting.” Parents enroll their children in our program to develop leadership skills, instill discipline, and to involve their kids in an activity that is both fun & challenging. Participants will learn the basic block, punches, and kicks, while incorporating the discipline of martial arts.

Ages: 7 - 12 year old  
Day/Time: Mon. and Wed., 5:00 pm – 5:45pm  
Session: January 6 - January 29  
Session: February 3 - February 26  
Session: March 3 - March 26  
Cost: \$39 Members/\$72 Non-Members

## Sports Personal Training

Work one on one with the personal trainer of your choice to customize a program based on your goals and interests. Your trainer will motivate and guide you through each session while providing the most current information on the trends and changes in exercise related research. Sessions can be completed in an individual setting or with friends (up to 3).

Ages: 14+ years old  
Day/Time: Open  
Sessions: 1, 3, 5, 12 or 24 pack  
Cost: Price varies based on the number of sessions purchased.

## Personal Training – 30 Minute Express

Work one on one with the personal trainer of your choice during a quick 30 minute session that will fit right into your busy schedule. Shorter, intense sessions will still get you to your fitness goals. Your trainer will motivate and guide you through each session while providing the most current information on trends and changes in exercise related research.

Ages: 14+ years old  
Day/Time: Open  
Sessions: Open  
Cost: Please contact fitness floor for details



# SENIOR PROGRAMS

## SS Classic (Silver Sneakers)

Exercises are designed to increase muscular strength, range of motion and activities for daily living.

Day/Time: Tuesday; 8 am, 11 am  
Thursday: 11 am

## SS Circuit (Silver Sneakers)

Class is designed to increase cardiovascular and muscular endurance with a standing cardio workout!

Day/Time: Monday; 11 am  
Friday; 11 am

## SS Yoga (Silver Sneakers)

This class is designed to move your whole body through a complete series of seated and standing yoga poses. Chair support is provided to safely perform a variety of poses designed to increase flexibility, balance and range of motion.

Day/Time: Wednesday; 11 am

## Senior Chair Yoga (Silver Sneakers)

This class focuses on deep breathing, relation and flowing through poses to increase balance, core strength, range of movement and overall mental health.

Day/Time: Tuesday; 12 pm  
Thursday; 12 pm

## AOA - Coffee & Muffins (Active Older Adults)

Day/Time: 1st Tuesday of the month; 9 am

## Total Fitness— Shallow

This full body workout targets cardiorespiratory fitness, muscular strength, endurance and balance. Provides a great aerobic workout with less stress on the knees, ankles, and lower back. All fitness levels welcome. Different intensity options offered.

Days/Times Mon./ Wed./ Fri. 9:15 am; 6pm

## AFYAB (Arthritis Foundation YMCA Arthritis Program)

Focuses on stretching and movement to reduce pain and stiffness while increasing range of motion in the joints and improving mobility and your ability to perform activities of daily living. (ADL) Excellent for beginning or returning exercisers, and strengthening for pre-surgery and post-surgery.

Days/Times Mon./ Wed. 11 am

## Aqua Zumba

Known as the Zumba "pool party", Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines. Aqua Zumba blends it all together into a safe, challenging, water based workout that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief!

Days/Times Tues./ Thurs. 11 am

## Water Aerobics Class

For adults of any age. Keep your spirit, mind and body healthy. Exercising in shallow water is less stressful and a safe way to reach your cardiovascular and muscle strengthening goals. You will see an increase in your flexibility and balance while staying healthy and becoming more fit. Aqua shoes are recommended. No swimming ability required.

Days/Times Monday– Friday; 8 am – 9 am



# AQUATIC PROGRAMS

## SWIM PLAY LEARN

**Southeast Family Center**  
**Public Open Swim**

**\$6 child (per session)**  
**\$8/adult (per session)**  
**(\$25 per family of 4 or more)**

### Monday-Thursday

**Lessons/WEX 9 am-12 pm**  
**Public Open Swim 12-3:30 pm\***  
**Lessons/WEX 4-7 pm**  
**Public Open Swim 7-9 pm\***

### Fridays

**Public Open Swim 12-9 pm**

### Saturdays

**Lessons 9 am -12 pm**  
**Public Open Swim 12-7 pm\***

### Sundays

**MEMBER SWIM ONLY 1-5 pm\***

*\*slide and play structure will run during these times;  
the slide at the top of the hour, the play structure at a  
quarter after the hour. Each will run for 15 minutes.*

**Members can swim anytime during our  
hours of operation!  
operation!!**



## YPPR SWIM TEAM

### ***WANT TO BE PART OF A FUN AND COMPETITIVE SWIM TEAM?***

JOIN THE YMCA OF THE PIKES PEAK REGION (YPPR) SWIMMING CLUB!

WE ARE NOW MEMBERS OF USA SWIMMING, INC. WE SWIM YEAR ROUND AND OFFER HIGH QUALITY PROFESSIONAL COACHING AND TECHNIQUE INSTRUCTION FOR ALL AGES AND ABILITIES.

#### **MONTHLY FEES:**

YMCA MEMBERS	45.00
NON-MEMBERS	65.00

#### **ANNUAL REGISTRATION FEES:**

YPPR	40.00
YPPR (MULTI SWIMMER)	20.00
USA SWIMMING REG. (OPTIONAL)	61.00

#### **MEET FEES:**

MINI-MEET SERIES	25.00
USA SWIM MEET FEES	(PER USA SWIM)

**Register now for 1 week FREE**  
(limited time offer)

*FPP & Financial assistance available for  
eligible families*

**Tues & Thurs 5:00 - 6:00 PM**

**Questions? Call: 622-3565**

# AQUATICS PROGRAMS

## Parent/Child:

Cost: \$30 Members/\$70 Non-Members

Parent/Child swim class is designed to introduce children to the water with the assistance of their parent or trusted adult. This is a water orientation course that will utilize songs and games while placing focus on basic floating, arm and leg movements in the water, safe exits from the pool, jumping in and use of instructional floatation devices. The instructor to Parent/Child pair is 1:4.

Each session is 30 minutes in length and last for the month. ( Example - Monday classes would be every Monday at the same time during the current month)

<u>Days</u>	<u>Time</u>
Monday	9 am
<b>Tuesday</b>	<b>9 am</b>
Wednesday	9am
<b>Thursday</b>	<b>9 am</b>
Saturday	9 am

Cost: \$18 Members/\$32 Non-Members

## Pike:

Pike swim class is for our beginner swimmer ages 3-5 years, who may or may not be comfortable in the water. Skill focus: Basic floating, traveling on front and back with a swimmers aid, safe water entries including jumping in, and discovering water buoyancy with the ability to regain upright positioning. The instructor to child ratio is 1:4.

Each session is 30 minutes in length and last for the month. ( Example - Monday & Wednesday classes would be every Monday & Wednesday at the same time during the current month)

<u>Days</u>	<u>Time</u>
Monday & Wednesday	9:30 am
<b>Monday &amp; Wednesday</b>	<b>4 pm</b>
Monday & Wednesday	5 pm
<b>Tuesday &amp; Thursday</b>	<b>9:30 am</b>
Tuesday & Thursday	4 pm
<b>Tuesday &amp; Thursday</b>	<b>5 pm</b>

<u>Days</u>	<u>Time</u>
Saturday	9:30 am
<b>Saturday</b>	<b>10 am</b>

Cost: \$15 Members/\$35 Non-Members

## Eel:

Eel swim class is for our beginner swimmer ages 3-5 years, who is comfortable in the water and able to let go of the wall, swim/paddle away from the wall, turn and grab the wall with assistance while being able to place their face in the water. Skill Focus: Floating up to 20 seconds, paddle on front and back exceeding 10 yards with and without a swimmers aid, jumping in without assistance, and underwater discovery. The instructor to child ratio is 1:5.

Each session is 30 minutes in length and last for the month. ( Example - Monday & Wednesday classes would be every Monday & Wednesday at the same time during the current month)

<u>Days</u>	<u>Time</u>
Monday & Wednesday	10 am
<b>Monday &amp; Wednesday</b>	<b>4:30 pm</b>
Monday & Wednesday	5:30 pm
<b>Tuesday &amp; Thursday</b>	<b>10 am</b>
Tuesday & Thursday	4:30 pm
<b>Tuesday &amp; Thursday</b>	<b>5:30 pm</b>

Cost: \$30 Members/\$70 Non-Members

<u>Days</u>	<u>Time</u>
Saturday	9:30 am
<b>Saturday</b>	<b>10:30 am</b>

Cost: \$15 Members/\$35 Non-Members

**SWIM LESSONS  
& AQUATICS**



# AQUATIC PROGRAMS

## Ray:

Ray swim class is for our intermediate swimmer ages 3-5 years, who can swim a distance of 25 yards with a swimmers aid. Skill Focus: Back float for at least 30 seconds, front/back alternating paddle and front/back symmetrical paddle for distances of up to 20 feet without a swimmers aid, jumping into deep water and treading water with and without a swimmer's aid. The instructor to child ratio is 1:6.

Each session is 30 minutes in length and last for the month. ( Example - Monday & Wednesday classes would be every Monday & Wednesday at the same time during the current month)

<u>Days</u>	<u>Time</u>
Monday & Wednesday	6 pm
Tuesday & Thursday	6 pm

Cost: \$30 Members/\$70 Non-Members

<u>Days</u>	<u>Time</u>
Saturday	9:30 am

Cost: \$15 Members/\$35 Non-Members

## Polliwog:

Polliwog swim class is for our beginner swimmer ages 6-12 years, who may or may not be comfortable in the water. Skill Focus: Basic floating up to 30 seconds, paddle on the front and back for a distance of 25 yards with a swimmers aid, 20 feet without; side paddle, safe water entries including jumping in without assistance, and exploring water buoyancy with the ability to regain upright positioning. The instructor child ratio is 1:6.

Each session is 45 minutes in length and last for the month. ( Example - Monday & Wednesday classes would be every Monday & Wednesday at the same time during the current month)

<u>Days</u>	<u>Time</u>
Monday & Wednesday	4 pm
Monday & Wednesday	5:30 pm
Tuesday & Thursday	4 pm
Tuesday & Thursday	5:30 pm

Cost: \$30 Members/\$70 Non-Members

<u>Days</u>	<u>Time</u>
Saturday	9 am
Saturday	10:30 am

Cost: \$15 Members/\$35 Non-Members

## Guppy:

Guppy class is for our beginner swimmer/ intermediate swimmer ages 6-12 years, who is comfortable in the water and able to swim at least 20 feet unassisted on both their front and back. Skill Focus: Floating without assistance up to 1 minute, front/back alternating paddle and front/back symmetrical paddle progressing to 25 yards without assistance, side paddle, jumping into deep water and treading with and without a swimmers aid for 20-30 seconds. The instructor to child ratio is 1:6.

Each session is 45 minutes in length and last for the month. ( Example - Monday & Wednesday classes would be every Monday & Wednesday at the same time during the current month)

<u>Days</u>	<u>Time</u>
Monday & Wednesday	4:45 pm
Tuesday & Thursday	4:45 pm

Cost: \$30 Members/\$70 Non-Members

<u>Days</u>	<u>Time</u>
Saturday	9:45 am
Saturday	11:15 am

Cost: \$15 Members/\$35 Non-Members



# AQUATIC PROGRAMS

## Minnow/ Fish:

Minnow class is for our intermediate swimmer ages 6-12 years, who can swim a distance of 25 yards on both their front and back without assistance. Skill Focus: Front stroke, backstroke, breaststroke and elementary backstroke technique refinement, side-stroke, resting stroke, and treading water with various kicks for up to 1 minute. The instructor to child ratio is 1:8.

Fish swim class is for our intermediate swimmer ages 6-12 years, who can swim a distance of 25 yards utilizing each of the following strokes: front stroke, backstroke, breaststroke, elementary backstroke and sidestroke. Skill Focus: Further technique refinement of each of the main strokes, swimming distances of at least 50 yards utilizing open turns at that wall, an introduction to butterfly, treading for up to 3 minutes and back floating for up to 6 minutes. The instructor to child ratio is 1:8.

Each session is 45 minutes in length and last for the month. ( Example - Monday & Wednesday classes would be every Monday & Wednesday at the same time during the current month)

<u>Days</u>	<u>Time</u>
Monday & Wednesday	6:15 pm
Tuesday & Thursday	6:15 pm

Cost: \$15 Members/\$35 Non-Members

<u>Days</u>	<u>Time</u>
Saturday	10:30 am

Cost: \$15 Members/\$35 Non-Members

## Teen & Adult Beginner:

Each session is 45 minutes in length and last for the month. ( Example - Monday & Wednesday classes would be every Monday & Wednesday at the same time during the current month)

<u>Days</u>	<u>Time</u>
Monday & Wednesday	7 pm
Tuesday & Thursday	7 pm

Cost: \$30 Members/\$70 Non-Members

<u>Days</u>	<u>Time</u>
Saturday	11:15 am

Cost: \$15 Members/\$35 Non-Members

## Private & Semi-Private Lessons:

Individualized (4 x 1/2 hour) lessons can be arranged with any of our instructors. Simply fill out the aquatic registration form at the front desk and an instructor will contact you within 48 hours! (FPP does not apply!)

<b>Private</b>	<b>Member \$69</b> <b>Non-member \$94</b>
<b>Semi-Private</b>	<b>Member \$44</b> <b>Non-member \$74</b>



# HEALTHY LIVING PROGRAMS



**SWEAT OFTEN  
LIVE LONGER**

## Monday

Zumba	8:00 am
Step II Step	9:00 am
Core Challenge	10:00am
SS Circuit	11:00am
Mommy and Me Yoga	3:00 pm
Zumba	4:00 pm
Yoga Plus	5:30 pm
Cardio Kickboxing	6:30 pm
Zumba	7:00 pm
Cycle	7:30 pm

## Tuesday

Sunrise Cycle	6:00 am
Military Sunrise Yoga	7:00 am
SS Classic	8:00 am
Zumba	8:00 am
Cardio Bootcamp	9:00 am
Yoga Delight	10:00 am
SS Classic	10:00 am
Senior Chair Yoga	12:00 pm
Zumba (101)	4:00 pm
Step II Step	5:00 pm
Pilates	6:00 pm
Tae Bo	7:05 pm

## Wednesday

Mid-Week Circuits	8:00 am
Cardio Cross Train	9:00 am
Core and More	10:00am
SS Yoga	11:00am
Yoga Refresh (90min)	5:30 pm
Zumba & Bootcamp	6:45 pm

## Thursday

Sunrise Cycle	6:00 am
SS Circuit	8:00am
Cardio Bootcamp	9:00 am
Yoga Stretch (90min)	10:30 am
Senior Chair Yoga	12:00 pm
Belly Dance	4:00 pm
Step II Step	5:00 pm
Pilates	6:00 pm
Cardio Kickboxing	7:00 pm
Zumba	5:30 pm
Zumba	7:00 pm



# HEALTHY LIVING PROGRAMS



## Friday

Zumba	8:00 am
Cardio Strength & Conditioning	9:00 am
Core and More	10:00am
SS Circuit	11:00am
Kickboxing	5:00 pm
Zumba	5:30 pm
Zumba	7:00 pm

## Saturday

Body Sculpt	8:00 am
Step II Step	9:00 am
Zumba	11:30 am

## Sunday

Yoga	2:00 pm
Zumba	3:00 pm
Sunday Cycle	4:00 pm

*Changes beginning February 1, 2014*

## HEALTHY LIVING

FITNESS CLASSES

PERSONAL TRAINING

ARTHRITIS WATER EXERCISE

NUTRITION MANAGEMENT



## Mondays

Strength & Conditioning will replace Step II Step; 9 am  
Body Sculpt will replace Cardio Kickboxing; 6:30pm  
( change effective January 27, 2014)

## Friday

Aerobic Extreme ( 8 week class) begins February 7, 2014;  
6 pm

## Saturday

Cardio Kickboxing begins January 25,2014; 12:30pm

## OPEN GYM

## ROCK WALL

Beginning February 1, 2014

### Sunday

Small Gym 1pm - 5pm

### Monday

Small Gym 3:00 pm - 5:30pm; 7:30 pm - Close  
Large Gym ( North Side) 8:00 pm - Close  
( South Side) 7:00 pm - Close

### Tuesday

Small Gym 3:00 pm - Close  
Large Gym 3:00pm - 5:00pm; 7:00 pm --Close

### Wednesday

Small Gym 3:00 pm - 6:00; 7:30 pm - Close  
Large Gym 3:00pm - 5:00pm; 7:00 pm --Close

### Tuesday

Small Gym 3:00pm - 5:30 pm: 8:00 pm - Close  
Large Gym 3:00pm - 5:00pm; 7:00 pm --Close

### Friday

Small Gym 3:00pm - 5:30 pm: 8:00 - Close  
Large Gym 3:00pm - 5:00pm; 7:00 pm --Close

### Saturday

Small Gym 1:00pm - Close  
Large Gym 6:00 pm --Close

*\* May change due to special events. Front desk will advise members of such events.*



Our

trained  
climbing

staff will guide you through climbing routes and skill challenges that will have you reaching new heights!

At over 25 feet tall our Rock Climbing Wall is both a challenging and fun way to exercise! our trained climbing staff can guide first time to seasoned climbers, kids to adults, through obstacle courses and skills challenges. This is a great experience for the entire family. The Rock Climbing Wall is free to members and is for ages 5+.

All climbers must be four years or older and have a signed waiver (a parent or legal guardian must sign for youth under 18 years of age).

## Rock Wall Hours beginning March 1, 2014

### Monday - Friday

4pm - 8pm

### Saturday

9am - 1pm;  
2pm - 6pm

### Sunday

1pm - 5pm



# SPECIAL EVENTS

## January

### **Parenting Class**

**January 16<sup>th</sup> , 5:30 pm – 6:45 pm**

Early Life Experience Matter an interactive presentation that will focus on the importance of life experiences and its impact on the developing brain.

### **Chili Cook Off**

**January 18<sup>th</sup> 10am – 12 pm**

Do you have the winning recipe? Come join us for our 1st annual Chili Cook Off. See the front desk for additional information on how to submit your prize winning pot.

### **Water Polo Clinic**

### **Wet Ball**

**January 22<sup>nd</sup> 5pm**

Contact the aquatic department for additional information.

## February

### **Ylympics**

**February 3<sup>rd</sup> – February 7<sup>th</sup>**

YMCA variation of the Olympics to integrate physical and intellectual games to challenge the body & mind and score points for your team.

### **The Community**

### **Health Expo**

**February 22<sup>nd</sup> 11am – 4pm**

Presented in conjunction with Xi Pi Chapter of the Omega Psi Phi Fraternity, Inc, the Southeast Armed Services YMCA will present its 1st Annual Community Health Expo. The event will feature health screenings, blood donation opportunities, expert advice, references and answers to your fitness and wellness questions. Vendors will also onsite presenting an opportunity to shop local businesses.

### **Senior Prom**

**February 28<sup>th</sup>**

Seniors please join us a for light meal, root beer floats and an opportunity to dance the time away.

## March

### **Community Day**

**Dr. Seuss Day**

**March 14<sup>th</sup>**

Community Day is a unique opportunity for members to enjoy the facilities and special events created to celebrate members!

### **Princess Tea Cup Party**

**Sat 15 Mar 2014, 12:00–2:00**

Dress Up! Tea, Cookies, Crafts, Games





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ARMED SERVICES YMCA



# Save 50% with a Family Program Package added to your membership.

The best way to experience the Y is by getting involved. Now it's easier than ever and more economical to explore new ways of being healthy while saving money with the Family Program Package (FPP). By simply adding \$12 per month to your regular membership rate, you will receive 50% off these qualifying programs.

An option to provide greater access to YMCA programs for the entire family at a reduced rate. By adding this program onto your monthly membership, your family will receive 50% off member rates for qualifying youth and adult programs, including sports, swim lessons and wellness coaching programs. Traditional Summer Day Camp is available at a 25% reduced rate.

Standard rates vary per facility. Other qualifying programs may be available at your local Y. Please inquire with the Membership staff.

**[www.ppymca.org](http://www.ppymca.org)**